

Wellness



PERIPHERAL ARTERY DISEASE: CONTROL YOUR RISK



As many as eight million Americans have peripheral artery disease (PAD), a common type of

peripheral vascular disease. The American Heart Association uses the term peripheral vascular disease (PVD) to refer to diseases of blood vessels outside the heart and brain, often a narrowing of vessels that carry blood to the legs, arms, stomach, or kidneys. Individuals with PAD generally have an increased risk for heart attack and stroke. Fortunately, once detected most cases of PAD can be managed successfully with medication and lifestyle changes.

RISK FACTORS

While some risk factors for PAD—such as aging and personal or family history of heart disease—cannot be changed, others can be modified. The following are controllable risk factors for PAD.

- · Cigarette smoking
- Obesity
- Diabetes
- · Physical inactivity
- · High cholesterol
- High blood pressure

Symptoms

Frequently, people do not experience symptoms of PAD or mistake symptoms for something else. The American Heart Association reports that the most common symptoms of PAD are cramping, pain or tiredness in the leg or hip muscles while walking or climbing stairs. Generally, the pain subsides with rest and returns with activity. Additional symptoms include:

- Leg pain that does not go away when one stops exercising
- Foot or toe wounds that will not heal or heal very slowly
- A marked decrease in temperature of lower leg or foot particularly compared to the other leg or the rest of the body
- Gangrene

DETECTION AND DIAGNOSIS

PAD is diagnosed with a physical examination and a simple and painless ankle-brachial index (ABI) test. The ABI test compares blood pressure in the feet to blood pressure in the arms to determine blood flow. If an abnormal ratio between the blood pressure in the feet and the blood pressure in the arms is detected, additional testing will likely be recommended. In most cases, PAD can be effectively managed with medication and lifestyle changes. Sometimes, lifestyle

changes and medications will not be effective, and angioplasty, a non-surgical procedure that widens narrowed or blocked arteries, may be necessary. In some cases, people who have PAD may require surgery.



If you have risk factors for or experience any symptoms of peripheral artery disease, contact your physician to schedule a screening.



According to the American Cancer Society, smoking-related diseases remain the most preventable cause of death in our society, and individuals who quit smoking, regardless of age, live longer than people who continue to smoke. Thirty percent of all cancer deaths and 87 percent of lung cancer deaths are attributable to smoking. The American Lung Association reports that smoking-related diseases claim an estimated 430,700 American lives each year. Additionally, smoking is responsible for most cases of emphysema and chronic bronchitis. Quitting smoking significantly decreases the risk of lung, pancreatic, cervical, and other cancers, and substantially reduces the risk of cardiovascular disease and stroke. In this case, being a quitter is a great thing!

BENEFITS OF QUITTING SMOKING

The physical benefits of quitting smoking start to take effect as soon as twenty minutes after quitting takes place. Consider the following timeline of benefits from the American Cancer Society.

- Twenty minutes after quitting, the heart rate and blood pressure drop.
- Twelve hours after quitting, the carbon monoxide level in the blood drops to normal.
- Two weeks to three months after quitting, circulation improves and lung function begins to increase.
- One to nine months after quitting, coughing and shortness of breath decrease. Additionally, cilia, tiny hair-like structures that move mucus out of the lungs, regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.
- One year after quitting, the added risk of coronary heart disease is half that of a smoker's.
- Sive to fifteen years after quitting, stroke risk is reduced to that of a nonsmoker's.
- Ten years after quitting, a former smoker's lung cancer death rate is about half that of a smoker's. The risk of cancers of the mouth, throat, esophagus, and bladder, kidney, and pancreas decreases.

Sifteen years after quitting, the risk of coronary heart disease is that of a nonsmoker's.

QUIT CIGARETTES AND SMOKELESS TOBACCO

Quitting may be hard, but it can be done. In fact, more than 45.7 million Americans have quit smoking, and many of them attempted to quit several times before finding success. If you are ready to quit smoking or using smokeless tobacco, consider the following suggestions.

- S Join a smoking or smokeless tobacco cessation program or support group. You might find that people who share your experience provide excellent reinforcement.
- Anticipate your likely barriers to quitting such as potential weight gain or a spouse or close friend who smokes.
- Set a target date to quit smoking. Choose a time that you are least likely to be tempted to smoke.
- Make plans in advance for how to respond to temptation. For example, plan to call a supportive family member or friend or to take a walk or a bike ride.
- Maintain a healthy lifestyle by engaging in physical activity every day, eating a balanced diet, drinking lots of water, and getting an adequate amount of sleep.
- Ask for support from close friends and relatives. They can help by encouraging you, spending time with you, and not smoking in your presence.
- If you feel you are unable to quit on your own, talk to a physician. He or she might recommend a nicotine patch, nicotine gum, or prescribe medication to help you quit.

To find an effective smoking or smokeless tobacco cessation program that works for you, consult a physician.



Lake Health Calendar of Events

February

Get Healthy Lake County Lecture/ Activity Series

Are you looking for information on how to eat better or become fit? If so, attend the Get Healthy Lake County lecture/activity series. It's designed to provide you with the health and lifestyle information you need to stay healthy. We meet monthly, except December. Call the Best of Health Line at 440-953-6000 or 1-800-454-9800 to register.

Chapin Forest Pine Lodge, 10381 Hobart Rd, Kirtland – February 4, 4–5 pm, 6–7 pm, or 7–8 pm (Cross Country Skiing)

Free Blood Pressure Screenings

We offer free screenings to check your blood pressure between visits to your physician. Stop by our urgent care centers during regular hours (call for hours: Mentor - 255-6400; Willowick - 585-3322; Madison - 639-0726; and Chardon - 286-8908). Or come on the following dates:

TriPoint Medical Center - February 6, 9 am - 12 noon

West Medical Center – February 20, 9 am - 12 noon

Label Reading Tours

Discover the tricks to interpreting food labels at a FREE label-reading tour. Space is limited. Call the Best of Health Line at 440-953-6000 or 1-800-454-9800 to register.

Giant Eagle, 7960 Plaza Blvd., Mentor – February 3, 6:30 pm

Wear Red Breakfast and Fashion Show

Do you love your heart? Join us for a special breakfast and fashion show in support of women and the fight against heart disease. Meet a woman survivor whose life has been affected by heart disease – and take her lifesaving message to heart. Normandy Banquet Center, 30310 Palisades Parkway, Wickliffe – February 5, 7:30 – 9 am

The Wellness Institute now offers

Yoga! The practice of Yoga can help improve your health with stretching to tone your muscles and exercise your entire skeletal system. Some Yoga workout programs are more challenging than others. Try a Yoga program to find your preferred method. All programs are six weeks and are held in the Physician Pavilion at TriPoint Medical Center, 7580 Auburn Rd. Suite 201

Gentle Yoga – February 15, 5:45 – 6:45 pm Gentle Stretch Yoga – February 15, 2:30 – 3:30 pm Lunch Time Open Level Yoga – February 16 or 17, 12 - 1 pm Sculpt and Stretch – February 15, 12:15 – 1 pm or February 16, 6 – 7 am

Lake Health offers a wide variety of programs for men, women, seniors and families. Please log onto www.lakehealth.org or call the Best of Health Line at 440-953-6000 or 1-800-454-9800 for more information.





